



YOR BEST BODY

at home

EPISODE 8 AIRING

SEPT. 5

4:00PM PST

RULES TO PARTICIPATE:

ENROLLED IN
GROUPS 181-185

You're all set!

NOT ENROLLED

Click below to join now!

ENROLL NOW



FEATURING A 40 MIN. WORKOUT WITH **LOUIS VAN AMSTEL**

Dancer, Choreographer, Reality TV Star

A long-standing advocate of YOR Health's premium products; a three-time world dance champion; an emmy-nominated choreographer, appearing on 10 seasons of Dancing with the Stars; and the creator of the popular dance fitness program, LaBlast.

Equipment needed:

- 2 light dumbbells or bottles of water
- Clear an open space (8x8 ft)
- Plenty of water nearby
- Towel to wipe off your sweat



TIRAMISU SHAKE RECIPE

Chef Kyndra Mccrary will delight us with a delicious recipe with one our all time favorites! YOR Chocolate Shake & coffee with her added special ingredients! Enjoy!



HOST **PACO HERNANDEZ**

Founder's Council &
3-Star White Diamond

Paco is not only an incredible leader, but he is the epitome of 'leading by example' by being a YOR Best Body winner, too!



HOST **AMERICA LUNA**

Founder's Council &
1-Star White Diamond

A high-performance athlete, world cup soccer player and founder of the Pilates Total Balance method.